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FOLLOWING
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FOOTSTEPS ON
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HALIFAX

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Wednesday,
August 10, 2011
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News worth
sharing.

Busker. Fest



► Jean-Philippe Labelle, from Montreal's Throw 2 Catch, vaults over seven people during his group's performance at the Halifax International Busker Festival yesterday on the Halifax waterfront. The festival continues all week long.

RYAN TAPLIN/METRO

Stadium study gets go-ahead

► If Halifax wins FIFA Women's World Cup bid, city would host seven games in 2015

Although most councillors are still skeptical, they voted yesterday to move forward with the second phase of the stadium project.

A \$275,000 analysis will be delivered back to council by December to establish a price tag, location and design for a stadium. It's at that point council will decide whether to go ahead with construction.

"We have to decide if now is the time to jump off the wagon, and I don't think it is," said Coun. Jim Smith, who added council needs to know more about the impacts and economic spinoffs.

The most popular location choice, Shannon Park, is in his district.

Several councillors said they'll support the project for now but pull their votes if funding from other levels of government isn't secured.

Mayor Peter Kelly said Events Nova Scotia and ACOA have been

"That was a huge step for us, but there's still a lot of work to be done as the next three months progress."

TANYA COLBURN, SOCCER NOVA SCOTIA

asked for support but have not yet responded.

"I don't think we can make a decision until we get to Phase 2," said Coun. Dawn Sloane.

Coun. Jennifer Watts said she feels pressured to make a decision to comply with the city's bid to host part of the FIFA Women's World Cup in 2015.

"We don't have a limitless pot," she said.

In an emotional speech, Coun. Reg Rankin also urged restraint.

"If you can't maintain it, don't build it. Don't build it."

● JENNIFER TAPLIN

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► Kickoff for the five-province trek is Saturday at 8 a.m. at Pier 21 in Halifax ► In-line skater was Terry Fox Humanitarian Award recipient and 2010 Paralympics torchbearer
► Journey will raise money and awareness for skating and hockey programs for blind

RYAN TAPLIN/METRO

Athletic fundraiser encore

This two-month-long skate is the second such test of athleticism for Mark DeMontis.

In 2009, he skated from Toronto to Vancouver to raise money for his charity, Courage Canada.

This skate beginning in Halifax ends in Toronto at his childhood hockey rink, the Weston Lions Arena.

Proceeds from this skate will help fund hockey programs scheduled to start in Halifax this November.

"Halifax will come together and they'll show their support because this is also a big hockey city, and I think people will really understand why I'm in-line skating from Halifax to Toronto and the reason that fires me up to do this," he said yesterday.

A documentary will record each day of his nine-week journey, all of which he will travel with two friends.

● RACHEL WARD

70 The highest total of kilometres DeMontis expects to skate each day. The lowest amount of kilometres will be 50.



► In-line skater Mark DeMontis poses for a photo in front of Pier 21 yesterday. DeMontis, who is legally blind, will be skating from Halifax to Toronto to raise money for his charity Courage Canada.

Skating in the footsteps



RACHEL WARD
HALIFAX@METRONEWS.CA

"It's all symbolic and a full-circle story."

MARK DEMONTIS

in-line skates.

On Saturday at the Canadian Museum of Immigration at Pier 21, the 24-year-old DeMontis will kick off his 64-day journey, and expects it to be difficult, as were journeys of immigrants like those of his father.

"Mine might be a little different, but in a nutshell, a struggle's a struggle, and I'm going to have to deal with it as they had

to face through their hardships," he said yesterday in Halifax. "Whatever it is, I'm going to make sure I make my way to Toronto."

His dreams of playing professional hockey ended after Leber's optic neuropathy made him legally blind at 17, shortly after he signed with a triple-A hockey team in Ontario as a promising up-and-comer.

He still sees, but only large shapes and colours, and not the "small details."

DeMontis has gone on to start Courage Canada, a charity teaching blind and visually impaired Canadians to skate and play hockey.

"I had the opportunity before I lost my sight when I was 17," he said, while tying his laces before a warmup skate. "I want to make sure that others can get that equal opportunity."



Universities turn attention to encouraging commuter students to embrace campus life. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Amid the havoc being played out on stock markets, a glimmer of hope could lie in lower interest rates and lower gas prices. Video at metronews.ca

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Cross burner faces stolen property charge

A Nova Scotia man sentenced earlier this year for burning a cross in front of an interracial couple's home has been charged with possessing a stolen all-terrain vehicle.

RCMP say Nathan Rehberg of Hants County faces charges of possessing stolen property and breaching probation.

He was arrested Monday along with two other men after police got a call regarding a stolen ATV.

Police confirm the 21-year-old Rehberg is the same man who was given a



► Nathan Rehberg

six-month jail sentence in January for setting a 2.5-metre wooden cross on fire last year outside a home in Poplar Grove, N.S.

He was convicted of inciting racial hatred and criminal harassment.

THE CANADIAN PRESS

Health contract ratified

About 750 health-care workers at the IWK Health Centre have ratified a new two-year contract.

The workers include nurses, laboratory technologists, diagnostic im-

aging technicians, respiratory therapists and mental-health workers.

The contract calls for a one per cent increase in each of the two years of the contract.

THE CANADIAN PRESS

Oval project. Soon!



► A child looks on as skaters enjoy the skating oval on the Halifax Common last winter.

RYAN TAPLIN/METRO FILE

Caution! Outdoor oval under construction

Construction is expected to begin next week on the permanent outdoor skating oval after Halifax regional council voted yesterday to award a contract for the first phase of the building process to Dexter Construction. This will include improvements to sewage and storm-sewer systems, as well as site excavation, at a cost of \$795,000.

Council seeking site for volleyball courts

► 2,000 tonnes of sand will be used for competition ► 'I think it's going to be a fantastic opportunity but time is of the essence here': Coun. Sue Uteck



JENNIFER TAPLIN
@METRONEWS.CA

Like sand through the hourglass, time is ticking on finding a site for 10 permanent beach-volleyball courts.

When the five-day FIVB junior world beach volleyball championships on the Halifax waterfront are over next month, Volleyball Nova Scotia will have 66 truckloads of sand on its hands.

They've been scouring HRM for sites for a perma-

nent beach volleyball facility. And they need to pick one quick before the end of the month or it will cost nearly \$30,000 to store the sand.

Coun. Jim Smith asked council yesterday to give direction to HRM staff to help nail down a site. The leading contender right now is near the Harbour East artificial turf sports fields on Commodore Drive in Dartmouth.

"They're not looking for any cash or money for this, they're just looking for a site," Smith said.

Temporary courts

► The space between Bishop's Landing and the Waterfront Warehouse is being transformed into six temporary beach-volleyball courts with plenty of spectator seating and a public beach for the championships.

► There will be a beer garden, patio seating and live music.

Council approved his request.

"I think this is a wonderful legacy," said Coun. Linda Mosher. "We could actually host national events when you have the ten courts together"

She said two possible sites by Cunard Junior High School and on Crown Drive were ruled out because of size restraints at Cunard and because a field would have had to be decommissioned at Crown Drive.

Work began in June for the FIVB competition on the waterfront's Salter lot from Aug. 31 to Sept. 4.

News in brief

Fire slows rush hour even more

BEDFORD. Traffic was snarled more than usual

on Bedford Highway during the afternoon rush hour as firefighters battled a blaze in an abandoned house yesterday.

Firefighters were called to the scene — 5 Lindsey Hill behind the Maritime Hotel in Bedford — at around 5 p.m.

The fire was knocked down about an hour later. There were no injuries but the structure was heavily damaged. ● JENNIFER TAPLIN

Flood handling to be reviewed

SACKVILLE. Middle and Upper Sackville Coun. Brad Johns said he wants to look into how a recent flooding incident was handled by HRM. Johns asked for a staff report into several flooding incidents after an Aug. 2 heavy rain storm. ● JENNIFER TAPLIN



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FUEL SPILL

Province sends out warning

The province's environment department is warning people to be cautious about swimming in a Dartmouth lake after a diesel fuel spill.

A statement from the department says a motor vehicle collision on Highway 107 on Monday

caused about 1,362 litres of diesel fuel to spill from a tractor-trailer.

Sand and absorbent materials were placed on the road to contain the spill, but heavy rain led to an undetermined amount entering the Shubie Canal between Lake Charles and Lake William.

The department says containment booms are in place, and Environment Canada is assessing the areas downstream from the spill to determine the impact. **THE CANADIAN PRESS**

Cops advise caution after recent break-ins

Police are advising the public about a string of break-and-enters in the Halifax area.

Halifax Regional Police say there have been 10 residential break-ins in the past three weeks along the Bedford Highway between Kearney Lake and Hammonds Plains roads.

The break-ins have happened both day and night, with police saying most

Lock your doors

► **House alarm.** Police are reminding the public to make sure doors and windows are secure and that a house alarm is activated when you go out or are sleeping.

saw a screen cut or a window forced open.

● METRO

N.S. special needs funds to be cut

The province says it will no longer pay for hot tubs and gym memberships for social assistance recipients out of special needs funds for new applicants beginning Monday.

THE CANADIAN PRESS

Facial injuries sends man to hospital

The RCMP say a 35-year-old man was taken to a Cape Breton hospital with facial injuries after an incident on the Waycobah First Nation after police received a call on Sunday.

THE CANADIAN PRESS

Public asked for input on cycling rules

► Proposed revisions to Motor Vehicle Act would ban cyclists from riding between cars ► Consultation follows changes to cyclist rules last fall



ALEX
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The Nova Scotia government is enlisting the public to help rewrite provisions for pedal and motorized bicycles in the Motor Vehicle Act.

Service Nova Scotia and Municipal Relations launched an online survey yesterday to get feedback on clarified definitions around bicycles, as well as several substantive changes.

Under the proposed revisions, bicyclists would be banned from riding in between vehicles travelling the same direction. The revisions also set out rules for bike-towed trailers, enforcement procedures for helmet rules, and groups of 15 or more cyclists riding together on the highway.

That's welcome news to Cyclesmith co-owner Mark Beaver. Beaver says more regulations surrounding cycling — and more public education on those regulations — will help improve road safety for all travellers.

"There are more and more people who are getting into cycling, be it for commuting or exercise or recreation," Beaver said yesterday.

"The biggest problem is that many of these people are unfamiliar with the



► A cyclist pedals down South Park Street in Halifax yesterday.

rules of the road as it applies to cyclists."

Beaver said clearer rules around cycling benefit everyone.

"There is a minority of cyclists who are not law-abiding, and if you drove a car or a motorcycle the way they're riding a bicycle, you'd be in jail," said Beaver.

"So a clarification of some of these rules and regulations would allow the police to deal with that."

Cyclist legislation enacted

In June, the province enacted legislation requiring motorists to give cyclists a metre of space while passing them, prohibiting cars from parking in bike lanes, and requiring cyclists to ride single file in the direction of traffic.

● ALEX BOUTILIER

Submissions

► **Feedback.** Public submissions will be accepted until Sept. 14. Feedback can be sent via e-mail to mvaconsultations@gov.ns.ca, by mail or through the department's website at gov.ns.ca/snsmr/.



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DIPLOMATS SENT PACKING

Libyans told to get out

Ottawa has declared all remaining Libyan diplomats persona non grata and ordered them out of the country "immediately."

"These people now have five business days to vacate the embassy

and leave the country," said Foreign Affairs Minister John Baird, calling it the latest step in Canada's efforts to isolate and delegitimize Moammar Gadhafi's regime.

The government is also cutting off the diplomats' access to the embassy's bank accounts, Baird said.

Canada is part of the NATO mission enforcing a UN-sanctioned no-fly zone over Libya.

THE CANADIAN PRESS

Polygamy leader jailed for assaults

Polygamist leader Warren Jeffs was sentenced to life in prison yesterday for sexually assaulting an underage follower he took as a bride in what his church deemed a "spiritual marriage."

The head of the Fundamental Church of Jesus

Christ of Latter Day Saints also received a 20-year sentence for the sexual assault of a 15-year-old girl.

He stood quietly yesterday as the decision of the Texas jury was read, giving him the maximum sentence on both counts.

THE ASSOCIATED PRESS

Obama salutes fallen

Critics claim secret service forces among 30 killed in Afghanistan

The bodies of troops killed in the deadliest incident of the Afghan war came home yesterday — traveling in death much the same way they did in life — shrouded in secrecy.

Two C-17 aircraft carrying the remains of 30 killed in a weekend helicopter crash arrived at an air base east of Washington, the Pentagon said.

But three days after the downing of the aircraft by insurgents, the Defense Department has not released the troops' names. Officials said it is taking time because there were so many killed. Others said privately there is hesitancy to release the names because the majority were from secretive special operations forces.

Upon arriving at the

base, Obama met with about 250 family members and fellow servicemen and women of the dead. He spent about 70 minutes with family members, offering his condolences and gratitude for their sacrifice and service, the White House said. Defense Secretary Leon Panetta and Joint Chiefs Chairman Adm. Mike Mullen joined in.

The fallen were described as intensely patriotic, talented and passionate about the risks and responsibilities that came with their jobs.

The formal process of honouring the troops, known as a dignified transfer, rolled on across the afternoon. Reporters were kept out of sight in a nearby building.

THE ASSOCIATED PRESS



► President Barack Obama steps off of Marine One at Dover Air Force Base, Del., yesterday.

OLI SCARFF/GETTY IMAGES



► Rupert Murdoch

'Hacking' book in works

Two New York Times reporters have a deal for a book about the phone-hacking scandal that has shaken Rupert Murdoch's News Corp.

London-based corre-

spondent Sarah Lyall and investigative reporter Don Van Natta Jr. will collaborate on a currently untitled work.

Times Books says the book will draw upon "un-

paralleled access to exclusive sources" with inside knowledge of the Murdoch empire.

A publication date for the book has not been set.

THE ASSOCIATED PRESS

Bail denied to teen in HIV sex case

A 17-year-old Alberta girl accused of having unprotected sex and not inform-

ing her partners she is HIV-positive will remain in jail, Edmonton officials said.

Last Friday, police released the teen's name and photo to media in order to locate her following complaints from two males.

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Turkey urges Syria to end crackdown

- ▶ Foreign minister meets with Assad to discuss peace
- ▶ Army launches new raids that kill 22 people

Turkey's foreign minister said he met President Bashar Assad for more than six hours yesterday to discuss "concrete steps" Syria should take to stop its violent crackdown on anti-government protesters.

Meanwhile, the Syrian army launched a series of new raids around the country, which activists said killed 22 people.

Ahmet Davutoglu, speaking to reporters on his return to Turkey from Damascus, said the talks were cordial but did not say what steps they had discussed or whether Assad had agreed to consider them.

"We discussed ways to



▶ A Lebanese protester holds an Arabic placard that calls for freedom for the Syrian people.

prevent confrontation between the army and the people in the most open and clear way," the Turkish foreign minister said.

Assad is facing growing international condemnation over the regime's

deadly crackdown on a five-month-old uprising. Envoys from India, Brazil and South Africa are also headed to Damascus to press for an end to the violence.

The visit by Davutoglu is significant because Ankara, until recently, had close ties to Damascus. But Turkey has become increasingly critical of its neighbour over the bloodshed.

Syria's state-run SANA news agency said Assad told Davutoglu the Syrian government will be relentless in its pursuit of "terrorist groups" to safeguard stability and security in the country.

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► Metro compares two recent, chaotic outbursts in major cities

TEXT TERRIS SCHNEIDER IN VANCOUVER

A tale of two city riots

Vancouver

How it started:

Sparked after the Canucks' 4-0 loss to the Boston Bruins in the Stanley Cup final. A combination of alcohol, instigators and people who got swept up in the moment is blamed for the riot.

Size and scope:

The crowd of around 100,000 was three times as large as the crowd that rioted following the 1994 Stanley Cup final. The riot was contained in the Downtown Core and took police three hours to quell.

Social media:

Twitter and Facebook were two of the tools used to identify and shame rioters, many of whom posed for photos in front of burning vehicles. There were reports of identified rioters who were threatened or were punished at work or school.

Resolution:

Police were able to quell the Stanley Cup riot after about three hours, but footage of burning cars and smashed windows drew attention from around the world.

JENNIFER GAUTHIER/METRO FILE



► Vancouver Canuck fans burn cars after their team lost to the Boston Bruins in Game 7 of the Stanley Cup final.

London

How it started:

Riots broke out in North London after a march to protest the fatal shooting of Mark Duggan, a father of four, turned violent. Experts have pointed to unemployment and anti-police sentiment as possible underlying causes.

Size and scope:

A march of 200 people in Tottenham turned violent and spread into other London neighbourhoods. Over the next three days it also spread to other cities including Birmingham, Liverpool and Bristol.

Social media:

Initially, Twitter and BlackBerry use were being blamed for inciting violence and looting, with British police were threatening to arrest people who used social media for communicating about the riots.

Resolution:

For civic leaders and Olympic organizers, the violence is an unwelcome reminder of London's volatility less than a year before the city hosts the 2012 Games.

LEFTIS PITRAKIS/THE ASSOCIATED PRESS



► A girl laughs as a car burns after it was set on fire by rioters in Hackney, east London, on Monday.

London police expand presence

Thousands more police officers flooded London streets yesterday in a bid to end Britain's worst rioting in a generation as nervous shopkeepers closed early and some residents stood guard in order to protect their neighbourhoods.

An eerie calm prevailed in the city, but unrest spread across central and northern England on a fourth night of violence driven by poor, diverse and brazen crowds of young people.

Scenes of ransacked stores, torched cars and blackened buildings frightened and outraged Britons just a year before London is to host the summer Olympic Games, and brought demands for a tougher response from law enforcement.

London's Metropolitan Police department put thousands more officers in the streets and said that by today there would be 16,000 — almost triple the number present Monday.

THE ASSOCIATED PRESS

ANTHONY DEVLIN/THE ASSOCIATED PRESS



► An employee talks on her phone from behind the smashed windows of a looted hair salon in Ealing, west London, yesterday.

AFTERMATH

Tweets lead to cleanup

The morning after devastating riots swept across London, hundreds of people gathered in Twitter-organized crews to sweep up broken glass, clean vandalized build-

ings and show the world that their city is about more than mindless destruction.

"After everything that happened last night, it's good to see people can come together for something other than looting," said Jina Creighton, 23, gathering with dozens of others outside the subway station in the Camden area of London.

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'The darkest days of his presidency'

- Some pundits say Obama has run out of ideas
- Others say he is at mercy of a combative Congress

Barack Obama, who came to power pledging to set the United States on a new path, has been seemingly blindsided by the depth and endurance of a recession that was just beginning when he was elected president in November 2008.

"This is a president who came in wanting to be transformational," Stephen Hess, a senior fellow at the Brookings Institution in Washington, said yesterday.

"He dreamed very grand dreams, and he staked it largely on health care. That's why he focused on health care when Democrats controlled both chambers of Congress instead of



► Barack Obama has nowhere to go but up.

immediate, shovel-ready projects that might have helped buoy the economy."

This is indeed a bleak period for Obama. He's been roundly maligned by the left for a deal struck with Republicans to avert a debt ceiling default that contains only spending cuts and no tax increases on the

Thumbs up

Despite his trials and tribulations, Obama is still popular, Stephen Hess points out.

- A CNN poll put Obama's approval rating at 44 per cent yesterday.

wealthy. He's also been assailed for his slow response to the U.S. credit downgrade last week and a lacklustre speech on Monday meant to reassure investors who ignored him and sold off stock anyway.

"These are certainly the darkest days of his presidency," Hess said.

THE CANADIAN PRESS

Europe. Markets



► A trader watches the DAX — the German stock index — yesterday at the stock exchange in Frankfurt. The DAX has lost more than 20 per cent since July 22, the day after eurozone leaders decided to give their bailout fund new powers but refused to expand its size.

MICHAEL PROBST/THE ASSOCIATED PRESS

Staring down fears of a meltdown

The German government yesterday called on all members of the eurozone to amend their constitutions "as quickly as possible" to require a balanced budget in a bid to avoid a repeat of the bloc's sovereign debt crisis. The European Central Bank is thought to be buying up the bonds of Italy and Spain to ease market tensions in the middle of what ECB President Jean-Claude Trichet called "the worst crisis since the Second World War."

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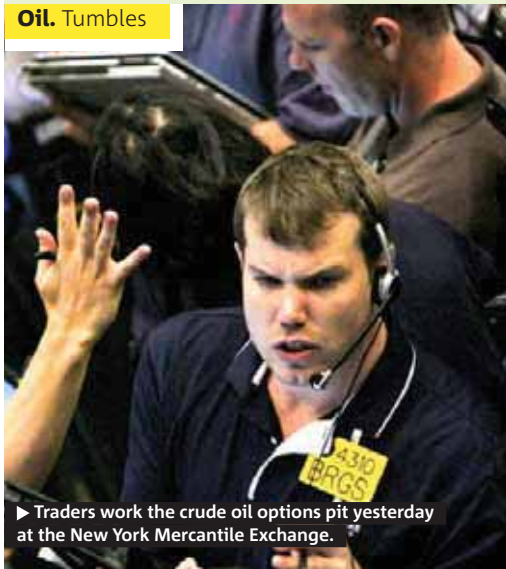
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Oil. Tumbles

► Traders work the crude oil options pit yesterday at the New York Mercantile Exchange.

MARY ALTAFFER/THE ASSOCIATED PRESS

A crude awakening

Oil prices in Europe fell to their lowest in almost a year yesterday amid a global sell-off of equities and commodities triggered by investor fears of a looming U.S. recession. But OPEC said yesterday that world demand for oil will grow this year and next despite signs the economic recovery is running out of steam.

Investors eyeing German economy

The fear that has gripped Europe's sovereign debt market took root in its stock markets yesterday as investors worried about uncertain growth prospects for some of the continent's biggest companies.

Germany's stock market was down for the 10th consecutive day and new data from Europe's growth engine showed that export growth — a closely watched economic indicator — is slowing down.

Germany has sailed through the debt crisis relatively unscathed, and the eurozone's largest economy enjoyed stellar growth last year and early this year.

But if the current stock market sell-off continues, this could change.

THE ASSOCIATED PRESS

Markets bounce back as Fed reacts





► U.S. Federal Reserve vows to keep interest rates near zero ► But worries remain about Europe, U.S.

The Toronto stock market surged 438.3 points to 12,109.26 yesterday as investors bought up stocks across all sectors that had been beaten down in price during a series of plunges that brought the TSX to its lowest level in a year.

The rally occurred even as the U.S. Federal Reserve acknowledged the U.S. economy is weaker than it had thought, with more challenges ahead. The Fed announced yesterday that it is keeping interest rates near zero and expects to keep them low through mid-2013.

The main Toronto index has fallen sharply over the past two weeks,

Market moment

TSX	Dollar
	
+ 438.3 (12,109.26)	+ 1.24¢ (102.16¢ US)
Oil	Natural gas
	
- \$2.01 (\$79.30 US)	1,000 cu ft \$3.994 US (+ 5.9¢) Gold contract \$1,743 US (+ \$29.80)

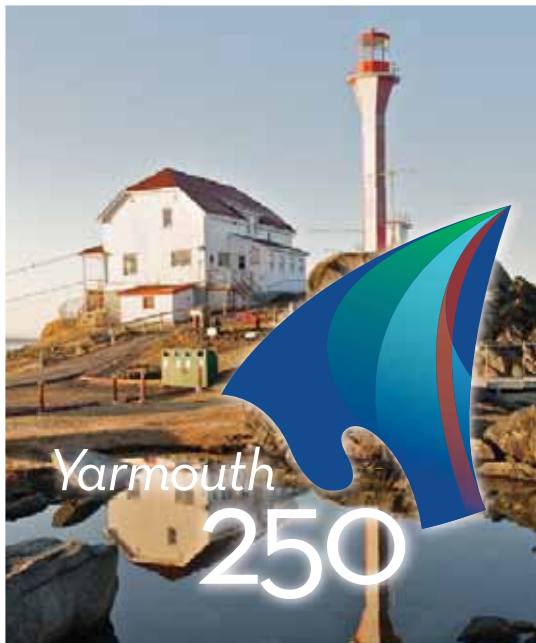
losing almost nine per cent in just the last three sessions, a reflection of worries about Europe's sovereign debt crisis and

the U.S. going back into recession.

"Europe is the biggest concern," said Jim Muir, director at Fraser Mackenzie, pointing out that at least the U.S. has the will to dig itself out of its problems.

"And I'm not sure that even with the will you could solve Europe's problems. What happens to their banking system when, not if, Greece goes lights out and gives everyone a haircut on the paper they're holding? Then what happens after that because there are other countries that are in not much better shape than Greece?"

THE CANADIAN PRESS



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Info: yarmouthmarathon.com
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Info: souwesnovaatv.com or (902) 649-2314
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LEE JIN-MAN/THE ASSOCIATED PRESS



► An employee at the Korea Gold Exchange shows off gold bars in Seoul yesterday. Gold's allure stems in part from fears that the world's major economies are dangerously indebted.

Gold beckons as debt levels rise

► Investors view commodity as a safer bet with stock markets tumbling ► Gold's price continues to soar

Gold prices are pushing to new heights as investors digest the possible consequences of the lowered U.S. credit rating and Europe's debt crisis.

Investors view gold as a safer bet amid rising worries about debt levels of the major economies and tumbling stock markets.

Its value, unlike that of a currency, doesn't hinge on whether countries can

make their bond payments, or on the vigour of their economies.

The price of gold streaked past \$1,700 US an ounce for the first time Monday as anxious investors sought safety in the metal as stocks tumbled around the world after the U.S. lost its AAA credit rating.

Gold futures settled yesterday at a record \$1,743

US an ounce, having climbed even higher in earlier trading.

Gold's price has more than doubled since the recession began in late 2007. Its climb accelerated this summer.

Still, adjusted for inflation, an ounce of gold remains below its 1980 peak of \$850, which translates to about \$2,400 in current dollars. **THE ASSOCIATED PRESS**

The Apple of U.S. business

JUSTIN SULLIVAN/GETTY IMAGES

Apple has surpassed Exxon Mobil as the most valuable company in the U.S.

Apple Inc.'s stock gained 3.2 per cent to \$364.60 US yesterday, bringing the iPhone and iPad maker's market capitalization to about \$338 billion.

Exxon Mobil Corp. shares, meanwhile, were trading at \$69.45, down nearly one per cent, giving the oil company a market cap of \$337.7 billion.

Other corporations, such as Wal-Mart Stores Inc. and General Electric Co., don't even come close. Apple has been on a roll



► A pedestrian walks by an Apple Store in San Francisco.

with the popularity of its iPad tablet computer and strong sales of the iPhone. Investors expect Apple to grow if it keeps making products people want.

Exxon has limited growth prospects. Its growth is driven by fluctuating oil prices and discovering new oil.

THE ASSOCIATED PRESS

U.S. appeals B.C. timber activities

The U.S. is expected to seek billions of dollars in penalties when it files its case to back a claim that British Columbia is subsidi-

dizing wood damaged by the mountain pine beetle.

The U.S. Trade Representative is slated to present a brief to the London Court of International Arbitration seven months after it alleged that British Columbia was breaking the 2006 softwood lumber

agreement by "dramatically" increasing the amount of beetle-infested timber it was selling at the cut-rate price of 25 cents a cubic metre.

Canada has said it believes the U.S. case was based on "unfounded allegations." **THE CANADIAN PRESS**

Demand stimulates housing market

A stronger than expected housing market has helped propel growth in the Canadian economy this year, but economists say recent economic and market tumult could jeopardize momentum.

The Canada Mortgage

and Housing Corp. said Monday that national housing starts rose to 205,100 units on a seasonally adjusted basis in July, 11.6 per cent higher than the 188,900 reported in the same month last year and up 4.3 per cent from June.

The pickup is likely due to builders catching up to robust demand last year.

THE CANADIAN PRESS

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JUST SAYIN' ...

PAUL SULLIVAN
METRO



Diana Nyad, you rock.

Mick Jagger, you also rock, if for slightly different reasons.

Diana Nyad rocks because, at an age when other people are adjusting their Depends, she attempts to swim from Cuba to Key West in shark-infested waters.

OK, she only got halfway yesterday before they pulled her out of the water, but she spent 29 hours in the Caribbean and was blown 24 kilometres off course. A lot of people have trouble getting out of the bathtub at 61.

I love what she said before she set out: "I think this is the prime. When one reaches this age, you still have a body that's strong but now you have a better mind."

Meanwhile, Sir Mick is rocking the charts with relevant new music when other people his age have the dial permanently stuck on 1967.

"We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our 'prime' start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess."

That was a very good year, but come on. We can't go to the mall or the supermarket without being tossed back kicking and screaming into 1967, but Mick and his new BFFs have nailed a perfect blend of reggae, hip-hop and soul to rescue the beach blanket bingo from Katy Perry.

As part of a supergroup called Superheavy, the world's oldest Stone joins the world's youngest — Joss Stone — along with Damian, he of the next generation of Marleys, and Dave Stewart, another old person with young ideas — he turns 59 next month.

So who cares? Why bother with geezers, even if they are a notch up from the norm on the spry scale?

Because they are choosing to die young as late as they can. Life's candle is brief enough, but for some reason we choose to snuff it out prematurely. We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our "prime" start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess.

Yep, parts fall off, but that's no reason to give up. You don't have to swim the whole Caribbean or crack the Billboard Hot 100 (although there is a tune called Moves Like Jagger by Maroon 5 and Christina Aguilera at number 25 with a bullet on the Hot 100) but how much better is life when you put it all out there?

Diana Nyad and Mick Jagger prove there is life after 30, 40, 50 or 60. Or until there isn't.

Then, and only then, will I stop trying to get out of the tub.

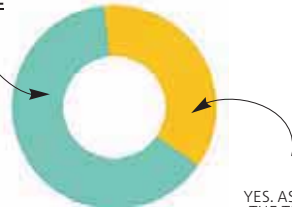
Read more of Paul Sullivan's columns at metronews.ca/justsaying



Register at metropolitanpanel.ca and take the quick poll

Do friends with benefits ever work?

63%
NO. SOMEONE
ALWAYS GETS
HURT



36%
YES. AS LONG AS
THE TERMS ARE
UNDERSTOOD

Worth Mentioning

THINKING ABOUT THINKING.

Scientists who hunt for "intelligence genes" used to think there were fewer than half a dozen of them.

In recent years, they determined there may be at least 1,000 — each with just a tiny effect on the differences in people's IQ. A study released yesterday found new evidence that many genes play a role in intelligence, but scientists still couldn't pinpoint the specific genes involved.

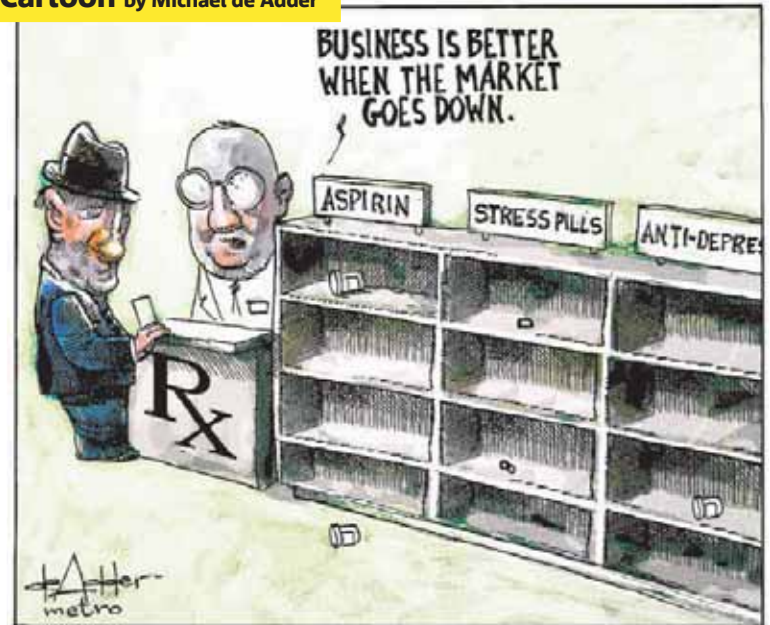
"We can't find the effects of any individual genes that are large enough to seem worth worrying about," said psychologist Eric Turkheimer at the University of Virginia.

The new DNA study, reported in the journal Molecular Psychiatry, found many genes work together to shape intelligence much like the different instruments of an orchestra that play in sync.

As important as genes are in determining intelligence, they don't act alone, and the role of one's upbringing and experiences cannot be ignored.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Semen-spiked water proves a pricey prank

A U.S. man convicted of ejaculating into a co-worker's water bottle has been ordered to pay the woman more than \$27,000 US.

The Los Angeles Times says a judge on Monday ordered Michael Kevin Lallana to pay the woman for loss of wages, therapy and medical expenses.

Lallana was convicted earlier this year of two misdemeanor counts of battery.

Prosecutors say Lallana deposited his semen twice last year in the water bottle of a co-worker at Northwestern Mutual Mortgage Co. in Newport Beach, Calif.

The woman drank from the bottle both times, throwing the first one away after detecting a foul taste.

The second time she sent the bottle to a lab for testing.

Lallana was arrested in July 2010 and his DNA was later matched to the water bottle.

THE ASSOCIATED PRESS



► Emma Bell as Molly, left, Nicholas D'Agosto as Sam and Miles Fisher as Peter star in New Line Cinema's horror film Final Destination 5.

2

scene

News in brief



Anne Hathaway is one Hollywood star who's wearing her age like a badge of honour. "I find the passing of time very liberating," says the actress, who turns 29 in November. "I feel more confident every — well not every single day, but most days I feel better than I did the day before, and that's a good thing."

THE ASSOCIATED PRESS



Hong Kong director Johnnie To's *Life Without Principle* joins 22 films vying for Golden Lion

Resuscitating the Final Destination franchise

- Original movie balanced 'humour and dark portent' with groups of people who cheated death
- Can a new director and 3D imaging breathe life into Final Destination 5? Metro investigates



The folks behind Final Destination 5 want you to see their movie, but they understand if your faith in the franchise is a little shaken.

"We wanted to say to everybody, 'This is a serious movie that we took seriously. It's well-made and it is not what you would expect, given the last two or three movies in the franchise,'" Perry says.

The incredibly candid producer admits the fran-

chise — about groups of people who cheat death only to have the grim reaper catch up with them in increasingly inventive ways — lost its way somewhat on the way to No. 5. "I think we had lost what made the original special," he says.

"The first one was able to handle that balance between humour and dark portent, and some of the subsequent ones, we went so far into making it over the top that it actually became distancing."

To help solve that issue, Perry and company

brought in a new director, Steven Quale.

"Steve made this one grounded and palpable and real," Perry says.

Quale proved the right man for the job for getting past what didn't work about the previous films.

"I don't like the word camp," he says. "I am one that really hates that kind of stuff. I mean, a fun movie like Austin Powers is great, but that's what it is. It's a parody. And I didn't want that to happen to this movie. And I thought some of the earlier movies may have been

going in a direction that I don't like."

And while Quale's directing resumé isn't terribly long, his technical savvy came in extremely handy, since Final Destination 5 was shot in 3D.

"Having directed the second unit and done some visual effects for Avatar, I have years of experience working in the 3D realm, and I think it's dependent on the filmmaker to figure out what he or she wants to do to organically make the 3D part of the movie," he says.

"I don't think all films

necessarily need to be in 3D, but if the director decides to embrace it he can do an amazing job."

One thing Quale and Perry definitely didn't want to use was the post-conversion process for making a movie 3D.

"The conversion process is a cheap way of getting 3D that I think has diminished the quality of what people think 3D should be like," he says.

Perry agrees: "Sometimes people make a piece-of-s— movie. Converting it ain't going to change the fact that it's a piece of s—."

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Movie reviews

**The Help****Genre:** Drama**Director:** Tate Taylor**Stars:** Emma Stone, Viola Davis and Octavia Spencer

●●●● The Help takes place against the backdrop of a time in the South when groups like the White Citizen's Council had a storefront on Main Street.

The story of a plucky young writer (Emma Stone) and two coura-

geous African-American maids (Viola Davis and Octavia Spencer) who write a book exposing the real lives of the domestic help is a finely acted but somewhat sanitized look at Mississippi life in 1963.

Long on emotion and sincerity, to be truly effective this could have used a little more grit, but it does tell an important and heartfelt story.

● RICHARD CROUSE

The Help. Screen times**Halifax**

Bayers Lake: Dolby Stereo,
No Passes, Stadium Seating
Wed-Thu 12:25-3:45-6:45-9:45
Park Lane: Stadium Seating
Wed-Thu 12:40-3:40-6:45-9:45

Dartmouth

Dartmouth Crossing: The
Help (PG) Digital, Dolby Stereo
Digital, Stadium Seating Wed-
Thu 12-3:15-6:30-9:45

A VISION OF PREMONITIONS

IN FOCUS

RICHARD CROUSE

SCENE@METRONEWS.CA



In 2000, when the first Final Destination movie was released, no one could have predicted the success of the horror franchise.

No one that is, except for maybe Devon Sawa, the Canadian born actor who played Alex Browning, the film's character gifted with second sight.

At the bloody heart of each of these gory horror movies is a character with premonitions of the future.

Usually he or she has forewarning that all his/her good looking friends will die in the most terrible way imaginable.

When the vision comes true — usually preceded by the tell tale line, "Something's wrong!" — whoever survives ends up dying anyway, in increasingly complicated ways.

With Final Destination 5 opening this weekend it seemed like an appropriate time to look back at other movie characters that



► Donald Sutherland had haunting visions in the movie Don't Look Now — none of which involved where his career would end up.

have had creepy visions.

In The Gift, the movie Sam Raimi directed just before spinning the web for Spider-Man 1, 2 and 3, Cate Blanchett plays a psychic who helps the police locate a missing girl.

Billy Bob Thornton, Blanchett's co-star and the movie's screenwriter, based the character on his mother, Virginia Thornton Faulkner.

Like the character in the movie the psychic Mrs. Faulkner was a widow who raised three boys and used her extra sensory ability to make extra money.

In the hauntingly surreal Don't Look Now, John Baxter (Donald Sutherland in a curly wig) has a premonition that something awful is about to happen to his daughter.

Sure enough, seconds later she falls in a pond and drowns.

Later in Venice, John and his wife (Julie Christie) meet an elderly psychic who claims to see apparitions of the dead daughter, which triggers John's own otherworldly visions.

Adapted from a short story by Daphne Du Maurier the psychic thriller has become a cult classic since its release in 1973, inspiring filmmakers like Danny "Slumdog Millionaire" Boyle, who cites it as one of his favourite movies and E=MC2 a Top Twenty hit by Big Audio



► Clairvoyant Cate: In The Gift, Blanchett plays a psychic who helps the police locate a missing girl.

"At the bloody heart of each of these gory horror movies is a character with premonitions of the future. Usually he or she has forewarning that all his/her good looking friends will die in the most terrible way imaginable."

Dynamite.

Finally, some call these premonitions ESP, others, like author Stephen King,

call them The Shining.

In King's novel, Stanley Kubrick's film and the television movie of the same name, both Danny Torrance, the telepathic son of the winter caretakers of the remote Overlook Hotel and chef Dick Hallorann (Scatman Crothers) have visions and premonitions.

King says the title was inspired by the Plastic Ono Band's song, Instant Karma, which features the chorus, We all shine on.



For more Richard Crouse columns visit Metro online: metronews.ca

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- Nicole Scherzinger ft 50 Cent - Right There
- Rihanna - California King Bed
- Karl Wolf - Ghetto Love
- Lady Gaga - The Edge Of Glory
- Nicki Minaj - Super Bass
- David Guetta ft Flow Rida - Where Them Girls At

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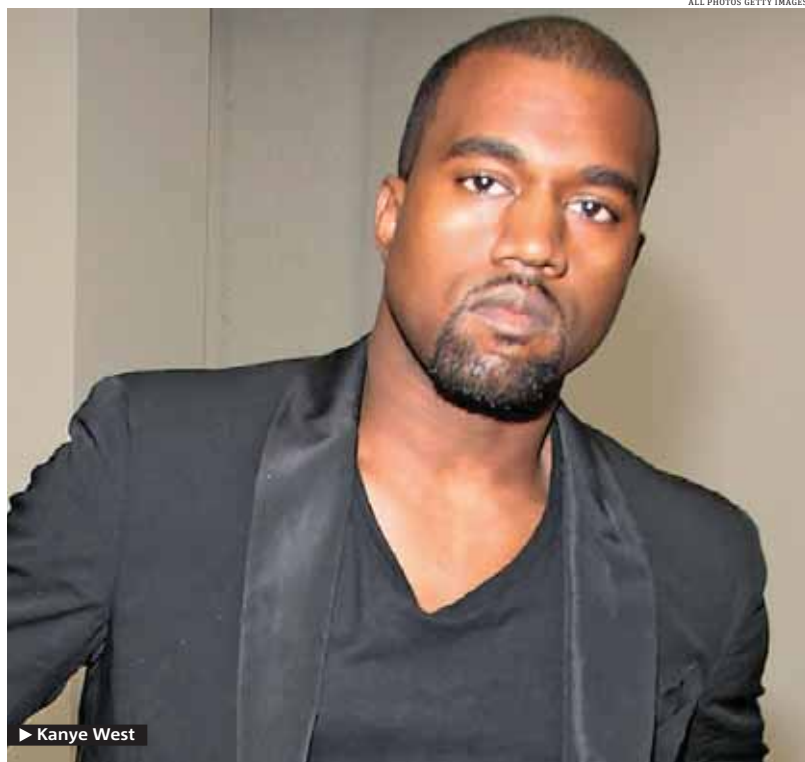
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ALL PHOTOS GETTY IMAGES



► Kanye West

West angered by recent criticisms

► **Rapper ranting about treatment at the hands of others**

Kanye West had some things he wanted to get off his chest at a concert in England recently.

The outspoken rapper went on a bit of a rant between songs at the Big Chill Festival in Herefordshire over the weekend, according to TMZ.

"Once again I wake up, and I'm a monster. And I walk through the hotel

"I walk down the street and people look at me like I'm ... insane, like I'm Hitler"

KANYE WEST

and I walk down the street and people look at me like I'm f—ing insane, like I'm Hitler," West said in his

rambling monologue, during which he declared himself the Michael Jordan of music.

"One day a light will shine through and one day people will understand (that) everything I ever did, ever said, was to throw myself on the blade for the sake of someone else, for the sake of people," West said. ● METRO

Taking some time off

After making 10 films in four years, Sam Worthington is looking for some time off from acting.

"I haven't taken a break in four years. It's been a nomadic existence," Worthington tells Men's Health. "Now it's time to enjoy the fruits of my labor for a little bit — but I don't think I'll be gone for long."

Besides, the Australian

actor is more concerned with his ongoing journey of self-discovery.

"They say that in your 20s you're trying to work out the man that you want to be, and in your 30s you discover who he is," Worthington says. "And warped and all, beer gut and all, brain damage and all, you just kind of go, 'Well, this is it, and I might as well try.'" ● METRO



► Sam Worthington

Talking points

Confirming what we all already knew

THE STORY THAT JUST WON'T GO AWAY. It may have taken six years, but someone is finally saying what everyone suspected: Brad Pitt cheated on Jennifer Aniston with Angelina Jolie, according to a new book by Mr. and Mrs. Smith by producer Arnon Milchan.

"At first, Jen didn't believe he was involved with Angelina. She started asking

around but no one would tell her anything because they were loyal to Brad, so she asked him point blank. He denied it," Milchan reports. "He eventually admitted he was in love with Angelina. Jen was furious and threw him out."

● METRO

DiCaprio, Lively step out on town

KEEP COOL Leonardo DiCaprio and Blake Lively brought their undercover romance to Los Angeles, trying to keep things low-key with a dinner date in the east side's Los Feliz neighborhood, according to People magazine. ● METRO



Celebrity tweets



"Midnight in Ibiza, just now on our way to dinner. The night has just begun..."
@ParisHilton

@ActuallyNPH



"Terrific. Now, instead of blocks, all the twins are wanting for their birthday is a mega-yacht."

@tyrabanks

"Arguing w/somebody I think is insane. They are saying u can learn ANYTHING on Internet, including learning 2B a heart surgeon! WhatUThink?"



Everyone's talking.

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Bonnie Laufer, TRIBUTE CANADA

"A WONDERFULLY ACTED, HEARTFELT STORY!"
Richard Crouse, CANADA AM

"Breathtaking!"
Guy Farris, ABC-TV/SACRAMENTO

★★★★★
Jeff Craig, SIXTY SECOND PREVIEW

the Help

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3 life

Cooper's nightmares



Alice Cooper is inviting theme park visitors into his nightmares this Halloween season. Universal Studios Hollywood announced plans Tuesday to construct an attraction based on the macabre rocker's album *Welcome to My Nightmare*, and its upcoming sequel *Welcome 2 My Nightmare*.

THE ASSOCIATED PRESS



Budget hotels in Manhattan top \$200; cheaper rooms available not far away. Scan code for story.

The wet and wild clubs of Las Vegas

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- ▶ Underestimate the sun. You are in the desert, after all.
- ▶ Expect to work on your fitness. These pools aren't meant for laps.

DO

- ▶ Drink plenty of water, particularly if you start with mojitos at 11 a.m.
- ▶ Bring your ID to get into the day clubs.

▶ Rehab at The Hard Rock is known for its Sunday pool parties.

▶ A new breed of tourist is heading to Las Vegas, but for the pools, not the casinos

NIKKI BEACH CLUB, TROPICANA

THE POOL: This is one of the newest party pools on the Strip, complete with tepee-shaped cabanas, opium beds and swim-up blackjack tables.

THE SCENE: This beach club is known for weekly events hosted by celebrities and international "dueling" DJs.

MOOREA BEACH CLUB, MANDALAY BAY

THE POOL: With a St. Tropez vibe, this beach club offers a private pool and lounge area, infinity whirlpool and poolside massages.

THE SCENE: This upscale, sophisticated day club offers views of Mandalay Beach, with its enormous wave pool.

MARQUEE DAY CLUB, COSMOPOLITAN

THE POOL: This day club has panoramic views of the Strip and is connected to a nightclub to bring the party from day to night.

THE SCENE: If you're looking for over-the-top luxury, rent a Grand Cabana with its own infinity pool, or a three-story poolside bungalow.

AZURE, THE PALAZZO

THE POOL: If you're not into the crazy party scene at neighbouring Tao Beach, this adult pool is designed to feel like a Mediterranean resort.

THE SCENE: Azure features Stereo Love Saturdays, where guest DJs spin by the pool. Unique touches include a menu by Wolfgang Puck and massages.

REHAB, THE HARD ROCK

THE POOL: There's a white-sand beach, planted palms, waterslide and poolside blackjack tables, and luxury cabanas.

THE SCENE: Rehab is known for its Sunday pool parties, where late-night clubbers "detox" from a night out on the Strip to the grooves of resident DJs.

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If California sun and great wine is your thing, Napa Valley is the place where they meet in perfect harmony.

Inspired by the vino-drenched movie *Sideways*, which showcased Napa in all its glory, I couldn't wait to get there and start tasting the nectar of the gods.

Even with all the hype surrounding Napa in recent years, it remains a largely quiet, scenic and even laid back place.

One of the more unique



ALL PHOTOS DEREKSEY/FLICKR

► The vineyards at Francis Ford Coppola's winery.

and classy experiences in the region has to be cave dining at Rutherford Hill Winery. After entering the candlelit wine aging caves, I was treated to a veritable feast, complete with fancy linens and crystal stemware

to sample the wines, no less. Rutherford also allows the novice like myself to play winemaker for a day and blend your own merlot. Of course, guzzling it was the best part.

Perhaps the most fa-

mous winery in Napa is the Francis Ford Coppola Winery, started by the famous movie mogul turned grape master. Located on a scenic hill surrounded by vineyards, there is more than you might expect



► Francis Ford Coppola's winery.

here. Not only are exclusive and popular Coppola wines on hand for sampling (and believe me, I sampled), there is even a touch of Hollywood in the form of a museum featuring props, costumes and memorabilia celebrating the owners iconic movies.

A whole wall is dedicated to *Apocalypse Now*, featuring Dennis Hopper's outfit, and Robert Duval's Calvary hat. Another area

features a re-creation of a Lake Tahoe scene from *Godfather 2*. You get the idea. A display case even features a row of Coppola's personal Oscars that he received for just one film. Somehow all of this Hollywood memorabilia seemed even more fascinating following a taste or two of Coppola wine.

Maybe that's the gimmick. Napa may still be small and intimate, but it's big on cool ambiance.



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Taste watermelon's savoury side

While the fruit is normally eaten sliced, the right ingredients can make it the star of appetizers and snacks

THE CANADIAN PRESS/HO

Nothing beats biting into a wedge of refreshing watermelon when the temperature is soaring.

"My favourite way to eat watermelon is to have a whole triangular slice on a hot summer day," says registered dietitian Cara Rosenbloom.

The fruit has an antioxidant known as lycopene, which gives it its deep pink colour, as well as vitamins A and C. Plus it's low in calories and has no fat, sodium or cholesterol.

"What's interesting about lycopene is we usually hear about it in relation to tomatoes, but watermelon is actually the lycopene leader among fresh produce. It has almost double the amount

of lycopene on a cup-per-cup basis when compared with raw tomatoes," Rosenbloom said.

Most of the research on the anti-cancer properties of lycopene have focused on prostate cancer, said Rosenbloom.

Watermelon Havarti Stacks with Dilled Ranch and Grilled Chicke

The creaminess of havarti cheese mixed with fresh dill and savoury ranch dressing balances the sweetness of the watermelon, delivering a petite yet satisfying, fully-rounded option. You can use a circular cookie cutter to cut

Ingredients:

- 8 circles seedless watermelon (each 2.5 cm thick by 10 cm diameter/1 inch thick by 4 inch diameter)
- 8 slices havarti cheese
- 6 grilled chicken breast

halves, cooled and julienned across grain

- 5 ml (1 tsp) minced fresh dill, stems removed and discarded
- 250 ml (1 cup) natural low-fat ranch dressing
- 1 serving Watermelon and Wine Reduction Drizzle

the watermelon and cheese rounds.

Preparation:

- 1 Place one round of watermelon in centre of each of 4 serving plates. Trim cheese into same size circle as watermelon and place one cheese round on each of the four plated slices of watermelon. Top with another piece of

watermelon and remaining cheese.

- 2 Clump chicken in even portions on top of watermelon cheese stacks. Stir fresh dill into dressing. Garnish with dressing and drizzle of Watermelon and Wine Reduction. **THE CANADIAN PRESS/ ALL RECIPES NATIONAL WATERMELON PROMOTION BOARD (WATERMELON.ORG)**



► This recipe serves four.

Grilled Spicy Watermelon



Ingredients:

- 15 ml (1 tbsp) lime zest
- 50 ml (1/4 cup) lime juice (divided)
- 50 ml (1/4 cup) honey
- 10 ml (2 tsp) garlic chili sauce
- 1 pinch salt
- 1 medium watermelon
- 15 ml (1 tbsp) freshly chopped cilantro

Preparation:

- 1 Preheat grill to high. In a bowl, whisk together lime zest, lime juice, 45 ml (3 tbsp) of the honey, chili sauce and salt.
- 2 Cut watermelon into 2.5-cm (1-inch) thick wedges. Lightly drizzle each side with remaining honey and place on

grill. Grill until just browned, about 2 minutes per side. Place watermelon slices on a plate and drizzle with lime dressing. Garnish with cilantro

Carrot, Pistachio and Watermelon Salad

Ingredients:

- 125 ml (1/2 cup) blueberry vinegar (or 50 ml/1/4 cup blueberry juice and 50 ml/1/4 cup red wine vinegar)
- 5 ml (1 tsp) dried Italian herb blend
- 5 ml (1 tsp) cracked pepper or to taste
- 5 ml (1 tsp) honey
- 125 ml (1/2 cup) extra-virgin olive oil
- 1 l (4 cups) shredded carrots
- 1 l (4 cups) small-cubed seedless watermelon
- 1 cup (250 ml) chopped pistachio nuts (shelled, roasted and salted)

This salad contains olive oil, which helps boost the effect of the lycopene in the watermelon. It makes a great lunch side dish.

Preparation:

- 1 In a bowl, whisk together blueberry vinegar, Italian herb blend, pep-

per and honey. Whisk olive oil into mixture in a slow stream until thickened.

- 2 In a shallow bowl or deep serving platter, layer shredded carrots, watermelon and pistachios. Pour dressing over top and serve.

THE CANADIAN PRESS/HO



► This recipe makes eight to 10 servings.

Drink of the week

Watermelon-Grape Fizz

The effervescence of the sparkling water gives the natural watermelon and grape flavours a delightful kick.

- 250 ml (1 cup) seedless watermelon puree
- 50 ml (1/4 cup) grape juice
- 175 ml (3/4 cup) sparkling water
- Crushed ice, to taste

In oversized tumbler, mix watermelon puree and grape juice. Add sparkling water and ice. Stir for a few seconds to ensure drink is blended. Serve.

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Set a school precedent

► As first-generation students, Muhammad Cheema and Zayan Rafeek are hoping to inspire their families

DARREN CALABRESE/THE CANADIAN PRESS



► Muhammad Cheema, right, a first-year aerospace engineering student, and Zayan Rafeek, centre, a first-year business management student, take part in a pre-orientation workshop for first-year students at Ryerson University in Toronto.

Their future areas of study differ, but Muhammad Cheema and Zayan Rafeek share a common connection beyond friendship: each is a trailblazer within their families in the pursuit of higher learning.

Both bound for Toronto's Ryerson University in the fall, the pair will be among a distinct group of newcomers welcomed into the frosh fold, among the first in their families to make the leap to college or university.

Rafeek is enrolled in the business management program at Ryerson. The Canadian-born son of Sri Lankan immigrants, the 19-year-old said his father had to start working at an early age after Rafeek's grandfather passed away.

"(My parents) kept telling me ... life would be easier if they had continued their education," he recalled in a recent interview following First Year in 40 Minutes, a pre-orientation workshop at the university's downtown campus.

"(My father) would keep telling me, 'Keep studying, keep studying, no matter what you do keep studying,'" he added. "I think that really motivated me to study hard. And getting into Ryerson, that was the biggest motivation."

"There is a sense of pride their son has gotten into university," said Rafeek, adding that his parents

"Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it." MUHAMMAD CHEEMA, UNIVERSITY-BOUND STUDENT

want him to be a role model for his 11-year-old brother.

The only male among five children, including a set of twin girls, Cheema shoulders similar expectations of setting an example for siblings.

Cheema follows a lofty post-secondary precedent set by his sister, who is going into her third year of life sciences at the University of Toronto.

With aspirations as a child to go into the Air Force, the 18-year-old decided to pursue studies in a related field, and is heading into the aerospace engineering program.

Cheema recalled when his family departed their home country of Pakistan, his father, who worked as an administrator, had singled him out, telling his son he was leaving his work and life there behind for his benefit.

"With that on my shoulders, I'm entering into post-

secondary, and it is a lot of pressure, but I guess I have to take it on," said Cheema. "I have to accept it, I have to be grateful for the opportunities it's given for me, it's provided for me."

Five years since arriving in Canada, he said it's been a "pretty smooth ride," learning English, hitting the books and mixing with others and forging friendships.

Despite his achievements to date, Cheema said education remains "basically every day's topic" on the home front, with the emphasis from his family on education leading to betterment.

"A person who has knowledge, a person who has not - the two can never compare," said Cheema. "Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it."

Part of Cheema and Rafeek's preview of campus life involved learning more about the university's Tri-Mentoring Program.

One aspect of the program involves matching first-year students with upper-year mentor students from the same faculty and program who share the same language and similar cultural and ethnic backgrounds.

THE CANADIAN PRESS

Some expert advice

STUDENT VOICE

CAITLIN DOHERTY
TALENTEGG.CA

In a world where undergraduate degrees are a dime a dozen and most industries are overflowing with over-qualified candidates,

I knew that getting a well-rounded education was a necessity. My parents also always encouraged me to go after what I loved to do and not use my education strictly as a career path.

That is how I ended up graduating from the University of Toronto with an English Specialist degree and no intention of applying my new-found education directly to a career.

Knowing I would have to

What I learned

Key take-aways from Caitlin's experience:

- Embrace your passions and try to offer specific expertise relative to your interests. This helps you stand out from the crowd and gain an edge over the thousands of other students seeking the same opportunities.



► Caitlin Doherty

enrol in post-graduate studies and with colleges offering extensive program options, I quickly learned that there were many different career paths that piqued my interest.

After speaking with people involved in the industries I wanted to enter into, training in public relations stood out among the rest.

It offered an opportunity to work in an industry where I could combine my learned skills with my passions.

While I was focused on pursuing a career in a very specific area of PR, many of my peers were more focused on whether to go into agency, corporate or non-profit.

Few had considered if there was a specific area or particular clients they wanted to work with.

It wasn't until I started my internship and my boss

Where Caitlin is now

Currently I am working at North Strategic, the agency where I interned, as an Account Co-ordinator. I have the unique opportunity to watch as a company is built from the ground up and learn from some of the best known practitioners in the industry.

Working with clients in the areas that I am passionate about is a definite bonus.

shared her school-to-industry transition story that I realized how important being focused and knowledgeable in a specific area could be.

If you can position yourself as the go-to person in your company, you essentially become invaluable to your colleagues.

While many industries like PR will give you opportunities to work with various clients in many different industries, it is important to consider your personal brand and what you want people to know you for.

If you are passionate about technology and can become an expert in that area, there will be more opportunities for you to work with clients who interest you.

Once you establish what you are known for, you can then expand as opportunities become available. I was able to secure an internship with a notable start-up company because of my passion for cars, as their main client is well positioned in the automotive industry.

I have the opportunity to not only focus on my passion, but also delve into many of the interesting opportunities that an agency setting offers.

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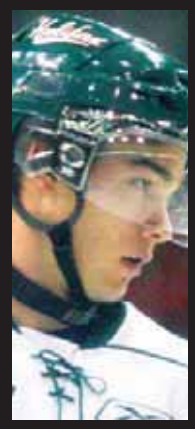
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4
sports

Sports in brief



Former Halifax Mooseheads defenceman Garrett Clarke has earned an NHL try-out with the Toronto Maple Leafs. The 18-year-old — who was passed over in June's entry draft — will vie for a contract at the Maple Leafs' rookie camp from Sept. 10 to 13 in Oshawa, Ont.

For more Mooseheads coverage, follow @metrqfiles on Twitter or visit metronews.ca/qfiles.



Scan code for more sports.

Colley fulfilling hoop hopes

► East Preston women's basketball standout facing next big challenge at Universiade starting Sunday



MATTHEW WUEST
@METRONEWS.CA

Justine Colley has always dreamed of playing for the Canadian senior women's basketball team. Next week, she'll get to experience the next best thing.

The Saint Mary's Huskies guard from East Preston is a member of the Canadian junior women's development team competing at the 26th World University Games in Shenzhen, China, starting Sunday.

Having already played a leading role for Canada at the FIBA under-19 world championships in 2009, the University Games is a new international challenge.

"It's a huge opportunity — not many people from Nova Scotia or the Maritimes get to compete in such a large international Games," Colley said. "To play on the senior women's national team is a goal of mine and getting a chance to play on the development team is one step closer."

Not many at Colley's age and stage are more adept at putting the ball in the hoop. She was a first-team all-Canadian last season after leading the nation with a spectacular 25.8 points-per-game average.

The 20-year-old started Canada's lone exhibition game at the shooting-guard position and led the team

246

A total of 246 Canadian athletes will compete in 20 sports in Shenzhen. At the last Universiade, Canada pulled in 15 medals (two gold, seven silver, six bronze).

in scoring.

"We expect more of that from her here in Shenzhen," said Canada's head coach Lisa Thomaidis. "She's a very dynamic player with a lot of scoring prowess."

Thomaidis calls the Games the "next biggest thing from the Olympics." It features 9,000 athletes from more than 150 countries.

"It's one of the stepping stones to get to the senior national team," she said. "We have seven athletes on the national team who at one point played at the (World University) Games."

Colley, who is entering her third season at Saint Mary's, is excited to see how she measures up. "There are a lot of teams here that have some of their senior national team players," she said. "You get a chance to experience what the next level will be like and to play against world-class athletes — and you can't ask for much more than that."



► Justine Colley handles the ball with the Saint Mary's Huskies.

Local entrees



David Sharpe

Athletes with local connections competing at the Summer Universiade in Shenzhen, China, starting tomorrow:

- Shawn Kodejs, Halifax, Saint Mary's (men's soccer).
- Justine Colley, East Preston, Saint Mary's (women's basketball).

- David Sharpe, Halifax, Dalhousie (men's swimming).
- Kevin Hatt, Cole Harbour, Dalhousie (taekwondo).
- Jenna Martin, Bridgewater, U. Kentucky (track).
- Jeremy Reeve, Antigonish, St. F.X. (taekwondo).
- Anne Balser, Digby, U. Victoria (golf).
- Phil Anderson, Halifax, U. New Mexico (tennis).

U-18 Canadians right ship with Czech Republic blowout

Canada's men's under-18 team bounced back from a disappointing opening game at the Ivan Hlinka memorial hockey tournament by defeating the Czech Republic 6-1 yesterday.

Jarrod Maidens and Morgan Rielly each had a goal and an assist for Canada, which opened the event Monday with a penalty-filled 5-1 loss to Sweden.

Andreas Athanasiou, Charles Hudon, Sean Mona-

han and Matthew Dumba had also scored for Canada. Pavel Sedlacek replied for the Czechs.

Daniel Altshuler made 43 saves for the win.

Canadian head coach Steve Spott said his players are starting to adjust to the European referees.

"They touched a hot stove and they got burned (yesterday). To their credit they recognized we can't play like that over here,"

said Spott, whose team allowed three power-play goals to the Swedes.

Spott added his team is also starting to find its identity.

"I said to them before the game, and it's no disrespect, that there's no (Steven) Stamkos, (Taylor) Hall or (John) Tavares on this team. We're going to have to play a meat-and-potatoes type of game."

THE CANADIAN PRESS

Sports in brief

P.E.I. franchise fifth to confirm with NBL Canada

BASKETBALL. P.E.I.'s professional basketball franchise is now a slam-dunk. The only thing that remains to be seen is where the National Basketball League of Canada franchise will play its home games.

The league

announced its formal acceptance of a P.E.I. team yesterday. Co-owner Duncan Shaw said the host city — either Summerside or Charlottetown — will be announced later this week.

Summerside's Credit Union Place has the advantage over Charlottetown in the form of a basketball court. The Charlottetown Civic Centre doesn't have a floor and would require funding of up to \$150,000 to cover the expense.

SUMMERSIDE JOURNAL PIONEER

Murray's title reign: C'est fini

► World No. 4 bows out in first round in Montreal ► B.C.'s Pospisil defeats Chela to set up match with Federer

The two-time defending Rogers Cup men's champion is heading home early from this year's tournament.

Britain's Andy Murray crashed out in stunning fashion in Montreal yesterday, falling 6-3, 6-1 in the second round to Kevin Anderson.

Murray, is the tournament's first defending champion to lose an opening match since Marat Safin was knocked out in 2001.

Meanwhile, Canada's Vasek Pospisil advanced to the second round with a 4-6, 6-3, 6-4 win over Argentina's Juan Ignacio Chela.

The 155th-ranked player from Vernon, B.C., will take on Roger Federer in the next round. The Swiss master lost last year's final to Murray and is ranked third in the world and third at this year's tournament.

There will be no rematch this year.

"I've always played very well here and today I couldn't get anything going," Murray said. "I started both sets really, really badly,

which doesn't help against someone who serves like Kevin."

The six-foot-eight Anderson is ranked 35th in the world and had only ever beaten one top-10 player going into the match — Novak Djokovic in 2008.

Anderson landed 65 per cent of his first serves and had five aces at Uniprix Stadium.

"(It was) not exactly what I was expecting," Anderson said of Murray's performance.

"And at the same time I think ... the way I played, the way I served today — I think I did make it pretty tough for him."

Murray won the 2009 Rogers Cup in Montreal and successfully defended his title last year in Toronto.

His head dropped and his shoulders slumped after he drove a game-point shot right into the middle of the net to put Anderson up 5-1 in the second set.

"I just felt very slow," Murray said. "The game seemed to be going so fast."

THE CANADIAN PRESS



► Andy Murray reacts to a lost point against Kevin Anderson in Montreal yesterday.

Bouchard vows to learn from Rogers Cup defeat

Canadian Eugenie Bouchard made a quick exit in her debut at the women's Rogers Cup tennis tournament.

The 17-year-old wild card from Westmount, Que., lost 6-2, 6-2 to 10th-seeded German Andrea Petkovic after a rain delay of almost three-and-a-half hours yesterday.

The match was originally scheduled to open morning action on centre court but rain forced the lengthy delay on the second day of the main draw.

Play finally began later in the afternoon at Rexall Centre in Toronto, with sunshine breaking through early in the match just as Bouchard earned the service break to tie the first set 2-2.

But the 10th-ranked Petkovic showed her class from that point on. After recording a break of her own, Petkovic held serve for a 4-2 lead and never really looked back.

"I've learned a lot from this match, it's good for the future," said Bouchard, who is ranked 351st in the world. "She's 10 in the world, so I know I've played against (a player who is) where I want to go. The level she's at, I'm striving to get there."

"When we had some close games, it was a really tough battle of controlling the point."

Bouchard struggled to put away easy points against Petkovic, smashing high lobs far too long and hitting angled shots too wide.

Petkovic said her young opponent's loss wasn't due to a lack of skill, but because she needs more consistent match experience on the WTA tour.

"It's not a matter of strokes or of talent, I think she has it all," Petkovic said. "It's just a matter of playing these kind of matches all the time, every week, every day and I think that's just the difference."

"(Young players) are just not used to playing these matches on these levels all the time." THE CANADIAN PRESS

Canadian hopes



Stephanie Dubois and Aleksandra Wozniak both advanced at the Rogers Cup women's tournament with first-round wins yesterday.

► Dubois, of Laval, Que., battled to a 7-6 (4), 6-1 win over German qualifier Kathrin Woerle, while Wozniak, from Blainville, Que., sailed past Israel's Shahar Peer 6-1, 6-0.

A's beat Jays in battle of West Coast talent

Victoria's Rich Harden struck out eight over seven innings to beat the Blue Jays for the first time in his career, and Josh Willingham and Kurt Suzuki homered as the Oakland Athletics defeated Toronto 4-1 last night.

Willingham hit a two-run homer in the sixth inning and Suzuki hit a solo shot in the seventh for Oakland, while Edwin Encarnacion homered in the second for Toronto.

Blue Jays third baseman Brett Lawrie of Langley,

B.C., was 0-for-3 in his home debut as a major-leaguer after going 5-for-11 in his first three games.

Harden (3-2) entered the game 0-3 with an earned-run average of 5.74 in eight career starts against the Blue Jays. THE CANADIAN PRESS

Sports in brief

Injury puts Sizemore's season in doubt

MLB. The Cleveland Indians won't have injured centre-fielder Grady Sizemore back until at least September, and there are no guarantees

he'll return this season.

Manager Manny Acta said before last night's game against Detroit that Sizemore, sidelined since July 18 with a bruised right knee, will definitely not be back this month.

The Indians originally said Sizemore would be out four to six weeks, or by Sept. 1.

Acta would not give a possible date for the 28-year-old's return.

THE ASSOCIATED PRESS

5 drive

By comparison

BMW 328i sedan

Base price: \$43,000
Reigning Euro-sedan king offers peppy engines and bank vault build quality.

Acura TL

Base price: \$41,400
Redesigned 2012 edition comes fully loaded and is a blast to drive.

Lincoln MKZ

Base price: \$40,000
Distinctive four-door is available with optional AWD and hybrid power.

WHEELBASE MEDIA

Speed, wheels and brakes

Buick claims the Regal GS delivers zero-to-100-km/h runs in the low seven-second threshold, which is decent, but not spectacular for the 1,680-kilogram sedan.

The GS features 19- and optional 20-inch wheels. As well, its braking has been upgraded with a four-wheel-disc package from Brembo, a company that supplies the stopping power for the world's most elite cars.

Suspension

Performance-oriented upgrading has also been bestowed upon the GS. Chief among these are special "HiPerStruts" for the front suspension that help reduce torque steer, which is the tendency for high-powered front-wheel-drive vehicles to pull to one side under hard acceleration.

The driver can choose standard, sport and extra-firm suspension settings and for a more sporting feel, the degree of power-steering boost is reduced as suspension firmness increases.

Engine

What will give this Buick its performance chops is a turbocharged 2.0-litre four-cylinder that Buick promises will deliver at least 255 horsepower and a stout 295 pound-feet of torque.

By comparison, the Regal CXL's optional 2.0-litre turbo engine produces 220 horses and 258 pound-feet of torque. Much of GS's added output comes from increased turbocharger boost pressure along with freer flowing exhaust plumping.



► The latest Regal has German origins, so outfitting it with a good engine and hardware geared for a fun driving experience is a natural extension of the platform. Hey, get used to the "new Buick."

A performance Buick? You bet



MALCOLM GUNN
DRIVE@METRONews.CA
WHEELBASE MEDIA

Buick continues to fashion a hipper image with the new Regal GS significantly enhancing the brand's stock.

The GS — short for Gran Sport, a performance label that Buick first used back in the mid-1960s — will be added to the Regal lineup later this year, showing the world that there really can be such a thing as a performance Buick.

The new model also provides one more engine choice for its new midsize platform. At one end of the spectrum, the 2012 Regal will be offered with a new gasoline-electric hybrid combo, called eAssist, that delivers significantly enhanced fuel economy. At

the other end, the new GS comes with an enhanced-output turbocharged four-cylinder engine and matching performance/luxury content to challenge similar mid-size sedans from Europe and Japan.

Just as General Motors' Cadillac division is changing its image with the high-output CTS-V coupe and sedan, the GS will undoubtedly challenge the public's perceptions about Buick, which has traditionally catered to older drivers who cared very little about acceleration, road holding and steering and stopping performance.

Actually, Buick has a head start since the Regal sedan was conceived in Germany and is arguably the most visually arresting model in Buick's fleet.



► A rear look at the Regal GS. Note the integrated trunk spoiler and a set of irregular-shaped exhaust outlets.



► The most interesting aspect of the Regal GS might be the clutch pedal. Can you recall the last time a Buick had one?

Buick Regal GS



What you should know about the 2012 Buick Regal GS:

- **Types:** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.0-litre DOHC I4, turbocharged (255).
- **Transmission:** Six-speed manual; six-speed automatic (opt.).
- **Market position:** Performance editions of premium sedans can enhance brand awareness and reputation. The GS should further define the Regal as one of the more competent Euro-based sport sedans around.
- **Mileage:** L/100 km (city/hwy) 11.3/7.0 (MT, est.).

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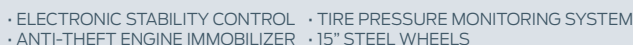
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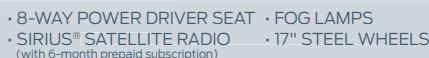
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Supposedly, many women dislike the car buying experience because they don't like negotiating. But from my experience, women seem to be very effective negotiators.

In fact I would say that when the women in my life — my mother, my wife, and my daughter — negotiate with me they seem to have the process nailed. Basically it goes like this: I lose. They win.

So maybe it's more about the particular negotiating culture found in some new car dealerships, that women don't care for so much.

A lot of men don't care for it either. One of them is Andrew Tai, co-founder of unhaggle.com.

Tai started the business after thinking about his car buying experience last fall.



"I quickly decided on which car I wanted ... But that final leg of the buying process, negotiating a price, was so laborious, frustrating and time intensive ... The MSRP didn't mean that much ... To figure out the true price of the car I had to go to each dealership and negotiate."

Once you've settled on a particular make and model of vehicle, you can go on

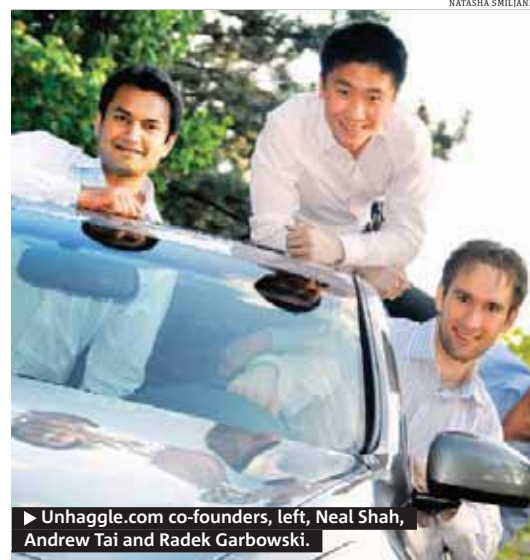
unhaggle.com, and for \$47, the website will get the appropriate new car dealers in your area to vie for your business — they will all send you their best prices on the vehicle you desire.

And according to Tai, the price quotes "really are the drive-away numbers." No further negotiation required.

There are a number of online entities in Canada

where you can comparison shop for new cars, and even complete an online purchase, but unhaggle.com appears to be the only one where you can get "marketplace" quotes from a number of independent dealerships. In the U.S. marketplace, however, you'll find several entities based on this model.

If you think dealerships



► Unhaggle.com co-founders, left, Neal Shah, Andrew Tai and Radek Garbowski.

might be unhappy with this development, think again.

The Internet has been around a while, and dealerships are very aware that some customers want to do business this way and this way only.

Most have "Internet" departments, who deal specifically with online customers.

"Dealerships recognize the type and seriousness of the customer we're bringing them," notes Tai.

"These customers really want to get as much done as possible online, without coming to the dealership."

And that includes credit applications and establishing a value for their trade-in.

The latter is accomplished via unhaggle.com's

partnership with Canadian Black Book, which has been establishing wholesale trade in values in Canada for decades.

You choose the dealerships you want to receive quotes from. If a dealership is not yet signed on with unhaggle.com, they will be invited to participate.

The site has been up since April, and Tai notes that its customers have made deals in every major Canadian city, and with virtually all major car brands represented. (But so far it is an English-only site.)

"What we're doing isn't exactly new," says Tai.

"On the Internet, you can compare prices on practically anything. This is trend that reaches across almost every industry. New cars is that one last piece."

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Can't afford that BMW or Mercedes? The Volkswagen Passat might be the answer.

The last-generation car featured sedan, wagon or "Comfort Coupe" four-door body styles, two available engines, available All Wheel Drive (AWD) and plenty of high-tech goodies.

2006 to 2011 VW Passat



Engine



VW's two-litre turbo four-cylinder engine with 200 horsepower was standard on all models. The automaker's 3.6-litre, 280-horsepower V6 was also available.

What owners like



For most owners, the looks, refinement, performance and driving experience of the Passat were big draws. A high-quality interior feel, plenty of power with either engine and long list of bells and whistles all earned praise.

What owners dislike



Common complaints include poor gas mileage on V6-equipped models, a stiff ride, and a trunk design that allows water and snow to spill into the cargo area when the trunk is opened.

Common issues

An engine that seems to "misfire" or "hesitate" is likely suffering from bad ignition coil packs, a common VW and Audi problem on older models.

Note that the more complicated 3.6-litre engine suffers from a potential oil-pump bolt defect that could result in engine failure. As such, opt for the two-litre engine wherever possible, and get any extended warranty offered on Passat models powered by the larger engine.

Verdict

Ultimately, the big draws to a last-generation Passat will be the driving experience, styling and relatively affordable blend of luxury and high-tech. Expect to pay a premium in the market for the vehicle, repair costs, fuel and insurance.

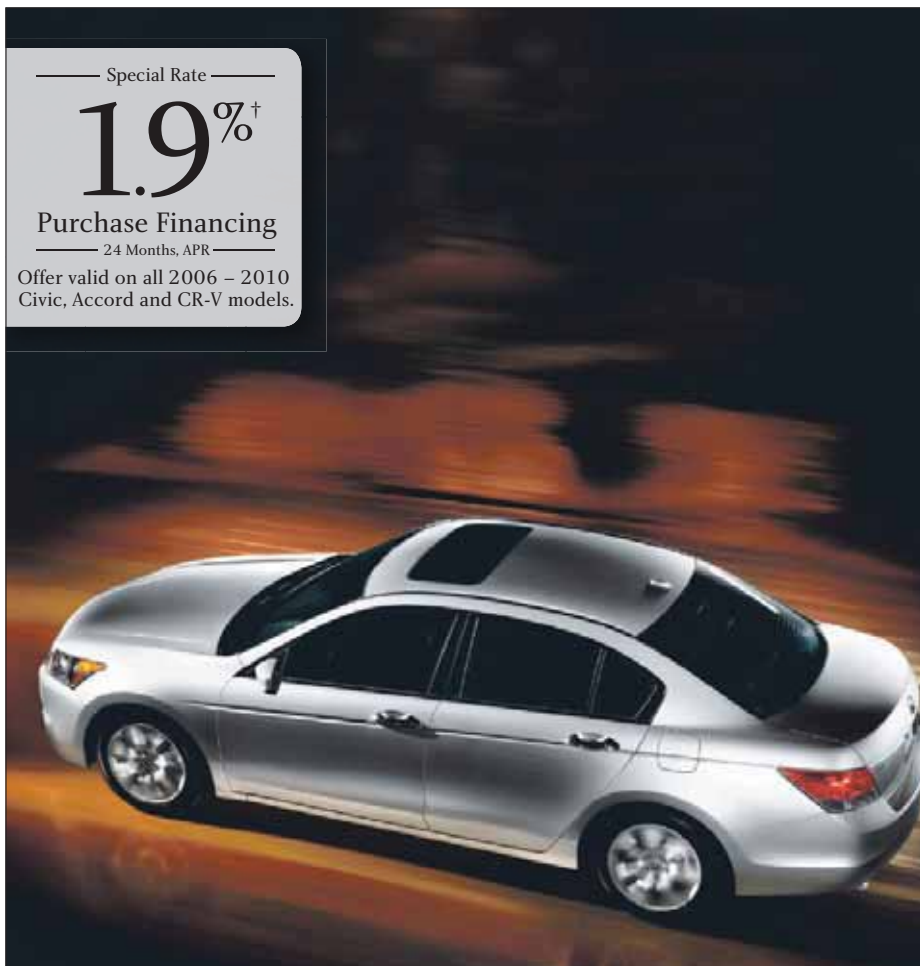
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\$43,977
2010 Dodge Challenger SRT-8
6.1L Hemi, 6 speed, LOADED, leather, 20" Alloys, Nav, only 750kms!!
#DC296494
\$43,977

\$13,995
2010 Dodge Caliber SXT
2.0L 4 Cyl Auto PW, PL, Keyless Entry, only 45K
#EN596901
\$13,995

\$10,977
2006 Dodge Caravan SE
3.3L V6 Auto, PW, PL, 7 passenger Seating, only 60K. Showroom Condition!
#11GV3747A
\$10,977

\$22,977
2008 Jeep Wrangler Sahara 4x4
3.8L V6 Auto, PW, PL, Klys, Alloys, only 61K! Go topless for another 6 weeks!
#CH580928
\$22,977

\$25,995
2009 Dodge Ram 1500 SLT Quad Cab 4x4
5.7L Hemi, Auto, PW, PL, 20" Alloys, Sat. Radio, U Connect, 31K
#11RC9848A
\$25,995

Cars & Trucks for Sale

\$8,957
2006 Mitsubishi Lancer
4 cyl. 5 spd, A/C, loaded
#u86131A
\$99 b/w
407-4200

\$8,985
2008 Hyundai Accent Hatch
4 cyl. 5 spd, base, 98k/kms
#u85685A
\$85 b/w
407-4200

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Houses For Sale

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Beautiful apartments in downtown Halifax.
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\$1,100 for 1 bedrooms
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<p>\$289,000 End Unit</p> <p>3 Coldstream Run</p> <ul style="list-style-type: none"> Natural Gas Heat Pump Integrated Sound System 	<p>\$284,900 Natural Gas</p> <p>7 Coldstream Run</p> <ul style="list-style-type: none"> Fireplace Two Extended Decks Abundant Hardwood 	<p>\$339,500 Heat Pump</p> <p>48 Coldstream Run</p> <ul style="list-style-type: none"> End Unit Natural Gas Spectacular Lake Views
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Apartments Unfurnished

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Garage/Yard Sales

GARAGE SALE
SUNDAY AUG 14th
9am-2pm

65 Blue Thistle Drive
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• Old LP Records from the 1950s - 1970s
• Mens & Ladies clothing
• Kids toys, clothes and stuff
• Lots of knick-knacks and bric a brac

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FLEA MARKET
OVER 100 TABLES

BEDFORD PLACE MALL

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Houses For Sale

Garage/Yard Sales



Something for Everyone!

Old Fashioned Flea Market Returns
\$5 Table Rentals

OPEN SAT AND SUN
9AM-4PM

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4-3 mos - \$800 each.
2 females - 3 yr/ 5 yrs.
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Houses For Sale

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Personals

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ANNOUNCEMENTS

Community Events

Come and join in celebrating **INDIA FEST.**
Aug.12,13, &14th 11am - 9pm at Halifax Forum. Food, entertainment, spices, cultural events etc. Free admission! **902-209-5031**

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MISCELLANEOUS

Miscellaneous

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Liquidation

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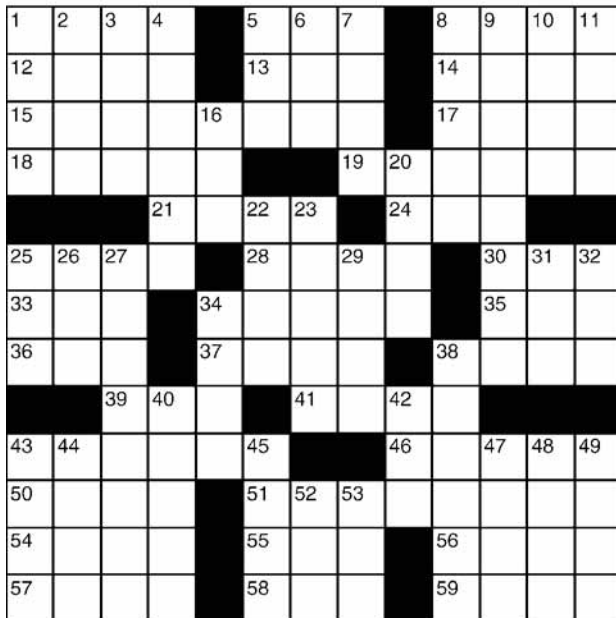
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Crossword

Across

- 1 Clumsy boats
5 Nourished
8 Casual eatery
12 Place
13 Parisian pal
14 Mimicked
15 Cutout fastened to a garment
17 Raced
18 Argument
19 Wiseacre
21 Emanation
24 Equi-
25 Family
28 Tournament format
30 Pump up the volume
33 Tear
34 Tell's target
35 Bill and —
36 "Uh-huh"
37 Repast
38 Charioteer's prop
39 Intend
41 Mascara site
43 The "Saw" series' genre
46 Hurl
50 Vicinity
51 Book end?
54 Landlord's due
55 Earth (Pref.)
56 24 cans
57 Speck
58 Football position
59 Historic periods-
Down
1 "Oh, woe!"
2 Ready for the picking
3 Retained
4 Muslim sovereign



- 5 Online help page
6 Ostrich's cousin
7 Conks out
8 Houses (Sp.)
9 Come near
10 Yard units
11 Whirlpool
16 Debtor's letters
20 Go for the gold?
22 Lasso
23 Shock (Var.)
25 Weep
26 Brooklyn sch.
27 Obvious
29 Singer Fitzgerald
31 Miss Piggy's pro-

- noun
32 Old man
34 Bullets, e.g.
38 From what place?
40 Angry
42 The girl
43 Injury
44 Sandwich treat
45 Anger
47 Hebrew month
48 Passport endorsement
49 Former spouses
52 Corral
53 Spacecraft compartment

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Chris, I'll like you for ever. I'll love you for always. I'll hate you.. Never! Always remember the post-it. I love you so grr much baby-doll. **QUEEN BUBBA**

Dianne, Your going to make me the happiest guy on earth,when we get Married Aug. 25th in Sunny Jamaica.**LOVE LES**

lo..why are you mad at me? You know you are my life, my heartbeat, my everything. Get back to me. I wanna know how are you doing? You know how restless I get when I don't hear from you. Love you always and forever. Have a lovely day and bee happy:) Sending you all my love, hugs, kiss n prayers. Hon, we are meant for each other. I am sorry, if I said anything wrong. Love YOU.

B LOVER LOOKIN 4 U



Today's horoscope

♈ Aries March 21-April 20 Creative pursuits will go well for you with the Sun moving through the most dynamic area of your chart.
♉ Taurus April 21-May 21 It's time to make those changes on the home front you have been thinking about for ages but have put off.
♊ Gemini May 22-June 21 Being with other people is of tremendous importance to you right now. Socialize a lot.
♋ Cancer June 22-July 22 After the sacrifices you've made recently, you deserve a reward. Splurge.

♌ Leo July 23-Aug.23 Focus on your top aim with no distractions and no self-doubts.
♍ Virgo Aug. 24-Sept. 22 Put aside some time to think about the direction in which your life is moving. A major shift may be needed.
♎ Libra Sept. 23-Oct. 23 Over the next few days, you will draw closer to a group of people who in some way inspire you.
♏ Scorpio Oct. 24-Nov. 22 You are remarkably resilient and that's good because you are about to face a series of challenges.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 You need to be a bit more forceful in putting forward your ideas.
♑ Capricorn Dec. 22-Jan. 20 If you are offered some kind of deal today, learn everything about it before agreeing to sign on.
♒ Aquarius Jan. 21-Feb. 18 If you are wise, you will let work colleagues make decisions for you over the next 24 hours.
♓ Pisces Feb. 19-March 20 Stop wasting time and energy on vague and meaningless daydreams.
● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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*Based on Natural Resources Canada's estimated fuel consumption ratings of 4.6L/100 km (highway) and 6.7L/100 km (city) for the 2011 Jetta TDI Clean Diesel equipped with manual transmission and a 55L fuel tank capacity. Estimated ratings are 4.6L/100 km (highway) and 6.7L/100 km (city) for the 2011 Golf TDI Clean Diesel (manual transmission), 4.6L/100 km (highway) and 6.7L/100 km (city) for the 2011 Golf Wagon TDI Clean Diesel (manual transmission), and 7.0L/100 km (highway) and 11.1L/100 km (city) for the 2011 Touareg TDI Clean Diesel (automatic transmission). Your fuel consumption may vary depending on road conditions, driving habits and features. US and European models shown. Some options and accessories may vary or may not be available in Canada. **Limited time finance purchase offer available through Volkswagen Finance, on approved credit, only on these new and unregistered 2011 TDI Clean Diesel models: Jetta, Golf 5-door, Golf Wagon and Touareg. Financing example: base MSRP of \$25,275 for a new 2011 Golf 5-door TDI Clean Diesel 2.0L base model with 6-speed manual transmission, financed at 1.9% APR for 36 months equals \$722.84 per month. Cost of borrowing is \$747.24 for a total obligation of \$26,022.24. \$1,365 freight and PDI, PPSA, license, insurance, registration, any dealer or other charges, options, and other applicable taxes are extra. Down payment or equivalent trade-in, due at signing, may be required. Dealer may sell for less. Dealer order/trade may be necessary. Offer ends August 31, 2011 and is subject to change or cancellation without notice. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Jetta", "Golf", "Touareg", "TDI" and "TDI Clean Diesel" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. © 2011 Volkswagen Canada.